

# D

DAYRON ARIAS MAGAZINE

January / February 2014



*dayron's  
favorite things*  
*you could win them all!*  
*find out on page 29 <*

# HAPPY NEW 2014

## 5 Tips to Jump-Start Your New Year's Resolutions

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+ Experience extraordinary  
trips and adventure  
travels to Brazil.

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+ Best 10 Tech Gadgets  
of 2013 - Trusted Reviews

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THE ALL-NEW  
BOOK CLUB  
IT'S HERE  
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*New*  
**Menu**

**Eat up,  
stay slim**

+ tips and recipes  
to help make  
every meal  
sensational

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**MADE**  
WITH A  
*Sense*  
— OF —  
**WONDER**  
*Fresh*

for Your Sweetheart

**7 MUST TRY  
VALENTINE  
DESSERT  
RECIPES**

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# Dayron Arias<sup>©</sup> *collection*

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"For many of us, each New Year brings with it a mishmash of emotions and challenges, some good and some bad."

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DAYRON'S FAVORITE THINGS

ENTER FOR  
A CHANCE  
TO WIN  
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## the editor

**email:** info@dayronariamagazine.com



Happy New Year now is time to start a fresh life. When the holiday season comes to an end, and all the festivities are over, you're left with a new year. It can be a time to set in place new things to learn and do or it can be a time of consolidation of things you're already passionately pursuing. Another alternative might be to simply contemplate where you've reached

in life so far. Whatever your preferred approach to the new year, it's nice to start feeling refreshed and focused, ready to get back into things you're working on or to get started on new things.

Do you have a holiday dessert that all your family and friends enjoy last year? Well we would like to invite you to join Dayron's Annual Holiday Baking with our new "2014 Valentine's Day Chocolate Desserts" There is something quite special about baking a dessert for your sweetheart. Here are several treats to choose from. Most are pretty simple to make. (Page 16) They're low-calories and sweets to satisfy your cravings—without the bloat! While everyone worked hard this past year now is the time to relax and jump into a new phase in life. The new year is the perfect time to leave old habits behind with the holiday celebrations. Let's get creative while this year we are working hard to bring a quality magazine to our readers. Thank you for reading our magazine, and we hope this year can bring success into your new life.

*Dayron Arias*

### ON THE COVER



**DAYRON ARIAS PHOTOGRAPHED BY: DAVID SMITH**

**Hair by:** Antonio Fernandez  
**Makeup by:** Odalys Arias  
**Wardrobe Styling by:** Diana Rodriguez  
**Set Design by:** Emin Grandish  
**Photoshoot Location:** Fort Lauderdale  
**Magazine Cover Design by:** Dayron Arias

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LiquilineBlast Eye Liner in Brown Blaze (\$12.25),  
 CoverGirl & Olay Simply Ageless  
 Foundation in Classic Ivory (\$18)  
 NatureLuxe Gloss Balm in Clay (\$8.50).  
 All products by CoverGirl; available at drugstores.

for behind the scenes of this month cover shoot check it **ON PAGE 6 »**



# *behind the scenes*

— by dayron arias

## AND THE COVER IS....

Putting together Dayron Arias Magazine is hard work, but we try to keep it fun! Check out our board for an inside look behind the scenes during the November 2013 photo shoot for our January/February 2014 cover. We spend hours planning

and choosing the perfect backdrop to show off new colors for the new year. That is why I am so thrilled that the team accepted my invitation to share some “behind the scenes” details. We had so much fun. Can’t wait until the next cover.



For exclusive video behind the scenes of Dayron at this month's cover shoot, scan the QR Code with your smartphone.

Search for a QR Reader for iPhone on the App Store on iTunes, and Android Play Store. IT'S FREE



I had a long weekend. On November 16 was the photo shoot for my January 2014 cover, and this picture is from the day before during rehearsals at 9:45 pm I was so tired, but still did a good job.

- DAYRON ARIAS



I wanted to use this picture for the cover, and the magazine editors said yes :)







# season fresh

what's good at this time of the month

» **In Season:** Discover eating well this winter with healthy recipes, healthy eating, healthy cooking, healthy diet recipes, weight loss recipes and healthy menus.



## Fresh Winter Salad

This beautiful and healthy salad is bursting with flavor. The secret, flavorful ingredient is pomegranate molasses, which can be found in specialty foods stores. A versatile mid-Eastern staple, pomegranate molasses is made by reducing pomegranate juice to a thick syrup, and it adds zing to a variety of dishes from stews to marinades to beverages. Be sure to buy Fuyu persimmons for this recipe, and not Hachiya's. Fuyus have a flat bottom and are meant to be eaten raw, while Hachiya's are pointy and tart, and are often used for baking.

## Sushi For Beginners

The California Roll, or what I like to call the sushi beginner's roll, is a great low calorie choice. The down side though is that if your California Roll is only made with imitation crab and cucumber there are no real healthy fats since the fake crab has only 1/15 of the amount of omega-3s as the real stuff. If you want to order a California Roll, make sure it is at least made with avocado in order to get some healthy fats into your meal! Also, a good substitute is to get a Shrimp California Roll instead as shrimp have more health benefits than imitation crab and the same amount of calories.

## Pacific Coast Oysters

There is a journey in every oyster. Once you open and smell them there is a fresh breeze on your face from the sea and the wild. The Romans brought the flat shelled oysters from the Atlantic region of Europe back to Italy packed with in ice, snow or in barrels with sea water. Oysters are woven into the cultural fabric of Europe as the essence of fine foods. Everybody have their own favorites. Best I ever had (Dayron Arias) were Pacifics from the clear, cold waters along the South Australian coast, but they'd been harvested just minutes earlier so that might have had something to do with it :)

## Fish Tacos with Cilantro

Fish tacos are among the most sought after fare available from the abundance of marine life in the Sea of Cortez, and the Pacific Ocean surrounding Baja, Mexico. For the topping, you can add Mango Lime Salsa (available at whole foods markets) It pairs perfectly with the tacos, but is also seriously delicious with just a bag of tortilla chips. The sweetness of the mango, the creaminess of the avocado and the tartness of the lime create a great blend of flavors that go well with chicken and salads too. These fish tacos are marinated and seasoned to infuse just the right amount of Mexican "sabor", then flame grilled for a healthy and tasty finish.





**"Oil and butter sauces couldn't be easier to make, yet there is genius in the simplicity." - Dayron Arias**



**PREMIUM**  
— QUALITY —

• DELISIOUS AND FRESH •

*the*   
**ITALIAN**

**Food**

continued **ON PAGE 10 »**



# the cooking of Italy

by dayron arias

ONE THING I LOVE ABOUT SIMPLE RECIPES LIKE THIS IS THAT IT IS A PERFECT OPPORTUNITY FOR EXPERIMENTING AND TRYING A FEW THINGS WITHOUT TOO MUCH EXTRA WORK.



When I am craving something comforting and warm, I want an easy pasta for dinner. It has all of the things that I want when I have had a long and trying day.

Three kinds. I eat a lot of vegetarian dishes at home. What I love about this pasta dishes is that I can put it all together earlier in the day (or freeze it) and put in the oven when we are ready for dinner. Everyone in my house likes this because it is simple and filling. I can also hide some veggies in it, sauteed mushrooms and peppers are so good. Of course, you could add some sausage or meatballs too. This is my favorite way to make (and eat) pasta, but I am sure that there a million ways to make it. Of course you can use a jarred tomato sauce for this recipe, but I like to make my own.

I like to make huge batches of sauce and keep them in my fridge and freezer. December is slowly slipping away. It has been about a month since I last cooked pasta. I've in town but I've been away from my work traveling and hosting different events. I haven't for once stopped thinking about it though, but a break was in the schedule, my mom and aunt came to visit me. I wish I could have continued cooking pastas, but it takes up so much time, at least it does in my case, all that cooking, taking pictures, editing photos, charging flash batteries, writing and formatting each post. You get the picture. Although traveling stopped, cooking didn't. I made many meals, lunches and dinners, it was really fun enjoying homemade food and spending family time. So finally back in town. Today's delicious winter pasta is about simplicity and many classic Italian recipes that captures

it extremely well. Some of the most popular comfort food combinations contain carbs and cheese. Exactly, but few can resist it. Some fear the combination, because it packs a mighty caloric punch, so continue at your own risk. And when I was learning how to cook pasta I've spent hours in the kitchen but all for a good purpose. Cacio e pepe is one of those wonderful pasta dishes, although I've cooked it many times it takes about 10 minutes to make, and requires only 3 ingredients. Pasta, pecorino romano cheese and black pepper.

Simple preparations usually go hand in hand with high quality ingredients. Well, that actually should apply to any preparation, but is more crucial when only a few ingredients are being used. So you are welcome to combine more than one ingredients. Milling your own peppercorns is something that if you haven't tried it, you should. Black pepper freshly ground is so fragrant and flavorful that once you experience it, you'll notice the difference from the pre-ground pepper. Also try to use good cheese, true Italian pecorino if possible, there are some of pecorino cheeses out there that are more processed, have more additives, if you can, try to avoid those a well.

As I've explained in the past, I like to cook pasta in a pan that is wide enough to hold the spaghetti whole, and enough water to cover the noodles. I start the pasta in cold water, and then bring the water to a simmer, doesn't really need to boil. Even in cold water, dry pasta will hydrate in a few minutes, and the gelling (cooking) of the

continued **ON PAGE 11 »**





pasta requires temperatures below boiling point 90C or 194F. Make sure to move the noodles a bit and allow water to coat them evenly, they could stick together otherwise. This method of cooking pasta requires less water, and less time, and the cooking water contains a higher concentration of starch, hence more thickening power. In this particular cacio e pepe preparation, I skip adding salt to the water, pecorino romano cheese is very salty and doesn't need any help. I've never imagined becoming a standard chef, who knew!

While the pasta is cooking, grate plenty of cheese, about 60g per serving. You should probably grate more just in case you need to adjust consistency of the cheese sauce. Also, get your peppercorns ground, this is an ingredient that has to be adjusted to your taste. You can add more pepper at the end before serving.



#### The traditional way:

Once the pasta is ready al dente, reserve about a cup of the starchy water. Strain the rest of the water. The pasta needs to be hot. Plate the pasta and immediately add cheese over it, you can add about a tablespoon of pasta water, and with the help of a fork, stir it all. The cheese will melt and a cheese sauce will be created. Adjust the consistency of the sauce by adding more cheese if too watery, or more water if too thick. Sprinkle pepper and serve. As easy as that.

#### A different approach:

This is a slightly more forgiving take on the same dish. I like to create the cheese sauce separately before mixing with the pasta. Allows for some more control adjusting the consistency of it and the texture. The addition of sodium citrate creates a velvety texture that is hard to beat. Sodium citrate is a salt extracted from citric acid. Citric acid is found in acidic fruit like lemons and limes. Its consumption is as safe as consuming table salt, specially in the 2% quantity required in this recipe. Sodium citrate will allow the pecorino romano cheese to melt beautifully, without separating (stays emulsified) or curdling even at high temperatures. The cheese sauce can then be mixed with the pasta before serving. The pasta doesn't have to be as hot as in the previous preparation. The consistency can be adjusted before mixing the sauce with the pasta. This can be a great winter pasta that anyone in your family can enjoy :)



# FINE FOOD

## Taste Test

Learn to make traditional Italian pasta from scratch with step-by-step instruction from Dayron Arias Magazine chef and award-winning cooking instructor.

### 01 ingredients

- 1 pound rigatoni
- 1 (15-ounce) container ricotta cheese
- 2 cloves garlic (salt and pepper)
- 1/2 cup Parmesan cheese
- 1/3 cup chopped flat leaf parsley
- 2 cloves chopped garlic
- 2 cups shredded mozzarella cheese
- 1 jar tomato sauce

### 02 method of cooking

1. Cook the rigatoni in a pot of boiling, salted water. Cook according to the package directions, but drain when the pasta still has some bite to it, maybe 2 minutes before the end of the cooking time.
2. Mix together the ricotta cheese, garlic, 1/4 cup Parmesan cheese, and 1/4 cup parsley. The rest of the cheese and parsley will be used for the top.
3. Season well with salt and pepper or any other combination you might want to add to make taste different.
4. Add the ricotta cheese mixture and half of the tomato sauce to the pot.

★★★★★

PREP TIME: 20 Min | COOK TIME: 45 Min | READY IN: 1 Hour



# BEST CHOICE



*Think cupid cake - double chocolate Bavarian cream cocooned inside a thick layer chocolate ganache is one of my favorite valentine's desserts*



# *holiday* *desserts*

**Simply Sweet**

**Valentine's Day**

**Desserts**

**See Dayron's  
Valentine's Day Collections**

continued **ON PAGE 14 »**



# for Your Sweetheart **7 MUST TRY VALENTINE DESSERT RECIPES**



by *dayron arias*



What's a great way to show your special someone that you care? Make them a tasty dessert! Here's a round-up of some delicious, and decadent desserts that are sure to please your loved ones. Now that the cheery days of Christmas are over and winter is upon us in full force, there's only one thing to look forward to: Valentine's Day! Okay, I'm kidding about it being the only thing to look forward to... I know that not everyone loves the day of love. BUT you have to admit that if you need a good excuse to make some pretty crafts and eat some chocolate, then Valentine's Day is a good excuse as any! It's a great diversion from the chill of a dreary winter.


While some might go over the top with their expressions of love and friendship, it's my belief that one of the best ways to show how much I care for my readers is by serving up a delicious dessert! I'm pretty sure I've mentioned several times that the surest way to a man's heart is through his stomach. Here's a collection of my favorite dishes that cater to my sweetheart's sweet tooth. Enjoy!

Sugar overload on any holiday is easy, but Valentine's Day is one that is particularly heavy on sweets and giant heart-shaped boxes of chocolate. On top of being the month of love, February is also American Heart Month—so what better way to show your tiny tots you love them than by showing them desserts can be tasty.

Join Dayron Arias for great Valentine's Day Dessert recipes and home-made snacks to make each and every Valentine's meal special. **continued ON PAGE 16 »**







# MADE WITH A *Sense* OF WONDER

ALWAYS  
*Fresh*

## ▶ be creative, and look

One easy and relatively inexpensive way to celebrate Valentine's Day is with a romantic dessert. Whether it is part of a whole meal or simply the conclusion to a meal out back at home, your spouse will appreciate the gesture. No matter what your dessert preferences are, there are lots of great romantic options. Here are just one sample to get you started. Happy baking!

### Mini Raspberry Dark Chocolate Cheesecake

This recipe is designed for the heart spring form pan that I liked as one of my favorite things. If you already own this pan and are looking for a new recipe that fits it or you enjoy purchasing new kitchen gadgets, this is a great recipe for you. The layers for this cake are gorgeous and still make it easy for you to enjoy the flavors of the chocolate, cheesecake, and raspberry all together.





## MAKE VALENTINE'S DAY SPECIAL WITH DECADENT CHOCOLATE DESSERTS.



Valentine's Day is here, which means that by now CVS is running out of cards and restaurants will be making a fortune off small portions and large, prix-fixe prices. For those on a budget, fancy dinners may be out of the question. Making dinner at home can be a cheaper, healthier alternative to a big night out in the city or if you're into baking like I am you might want to do this too. But what to do when it comes time for dessert? Practically every baking website and blog I've visited recently is all about the Valentine's sweets, and why not? Chocolate and love do go together, after all. So do chocolate and break ups, but that's for another time. After a long searching, I was able to find quite a few dessert options that have simple ingredients and don't require any fancy baking equipment, and as you know I don't like spending hours cooking, that's why I have a chef (that's just me).



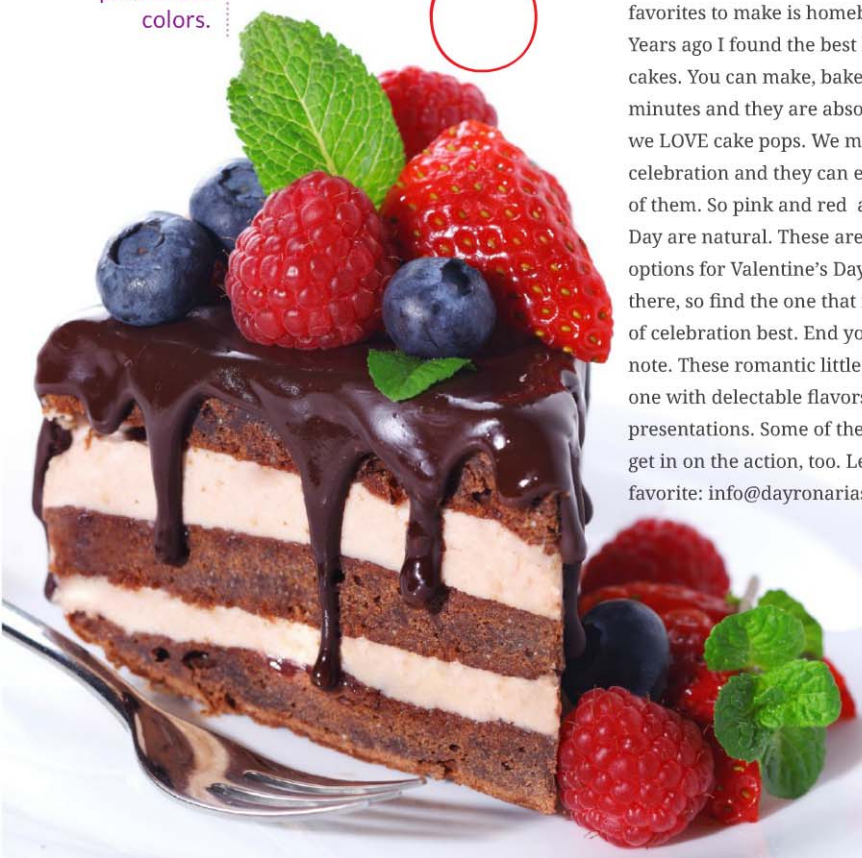


my Favorite  
dessert ever



End your  
Valentine's Day  
celebration on  
a sweet note.  
These romantic  
little desserts  
will enchant  
your loved one  
with enticing  
flavors, and  
passionate  
colors.

6



Who doesn't love easy Valentines desserts? Take a look at my assortment of recipes for easy, festive and delicious desserts to make for Valentines Day. Perfect for Valentines Day parties at home, at school or even in the office and take it one step further and gift these treats to friends, family and neighbors. One of my family favorites to make is homebaked cakes and sweet treats. Years ago I found the best kept secret for homemade cakes. You can make, bake and decorate in under 30 minutes and they are absolutely fool proof. And at home we LOVE cake pops. We make them for almost every celebration and they can easily be themed for any one of them. So pink and red and white ones for Valentines Day are natural. These are just a few dessert options for Valentine's Day; here are many more out there, so find the one that matches your tastes and mode of celebration best. End your Valentine's Day on a sweet note. These romantic little desserts will entice your loved one with delectable flavors, rich colors, and charming presentations. Some of these recipes are so easy, kids can get in on the action, too. Let us know which is your favorite: [info@dayronarias.com](mailto:info@dayronarias.com)

SWEET

## Taste Test

This beautiful Chocolate Butter Cake has two layers of moist and tender chocolate butter cake sandwiched together and frosted with a delicious chocolate frosting.

### 01 ingredients

½ cup plus 1 tablespoon  
Dutch-processed cocoa powder  
½ cup hot water  
3 tablespoons cold water  
¾ teaspoon pure vanilla extract  
1 cups sifted cake flour  
2½ teaspoon baking powder  
½ teaspoon salt  
9 tablespoons (1 stick plus  
1 tablespoon) unsalted butter.  
1 cup granulated sugar  
4 large egg yolks  
4 ounces bittersweet chocolate,  
chopped into small pieces  
¾ cup whipping (heavy) cream  
About 4 cups fresh raspberries  
¼ cup seedless raspberry jam  
1 tablespoon Chambord or  
Framboise raspberry liqueur.

★★★★

PREP TIME: 3 Hours | COOK TIME: 45 Min | READY IN: 3 Hour, 40 min







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TY\_LATTIMORE2007@YAHOO.COM

LOCATION: WILTON MANORS

DATE: 12/24/13

## HOW CAN A MOBILE APP BENEFIT A BUSINESS?

by Jason Chuyko

**>** The two main areas that make any business successful is gaining customer base and customer retention. This is where a Mobile App assists. The two most beneficial App features are App Specific Reward Programs and Push Notifications. With the Rewards feature, customers can hand you their device to enter a code, scan a code, or check in with GPS to receive an electronic stamp towards the special that you set. This assists with Customer Retention, as they will want to come back that second or third time to get that special.

Push Notifications are an easy way to contact everyone that has your App with specials, events or anything. Having a slow day? Send a Push Note that says "App Only Special, come in today and receive 20% your services". It's much more effective than email which has a 1-3% success rate.

With our system, you can also connect your Facebook and Twitter accounts so when you send a Push Notification, it will auto update your statuses. It's a great way to keep current with your Social Media. Utilizing these tools will assist with gaining customer base as well as retaining them, ultimately increasing your revenue.

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## THE INTERVIEW

**Q** What types of businesses should consider adding a Mobile App?

**A** Spas, salons, fitness and yoga studios, lawyers, realtors, limo companies, tattoo shops, music artists, D.J.'s, churches. Any type of business can benefit from a Mobile App.

**Q** What makes AppItMobile different than anyone else in the industry?

**A** Developers go straight for the larger companies because they have the budget for it. When a small or medium sized business requests a quote, they are given the same rate, which is not fair. We offer our AppIt Rental Solution, where you pay around 70% less for the App build, then pay a small monthly maintenance fee. It's affordable for anyone's budget. For those not wanting the monthly bill, we offer a our AppIt Flat Fee as well.

**Q** How many do you have on the App Store now?

**A** We have over 20 now and a few in developments. There are not a lot of businesses currently on the App Store, so now is the time to make yourself visible on the Mobile market and step ahead of your competition.

“

Mobile App searches are increasing every year. Be sure consumers can find you or they will go to your competition. ”

DO YOU:

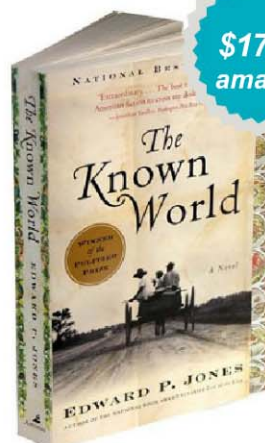
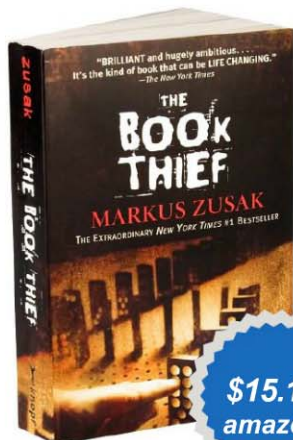
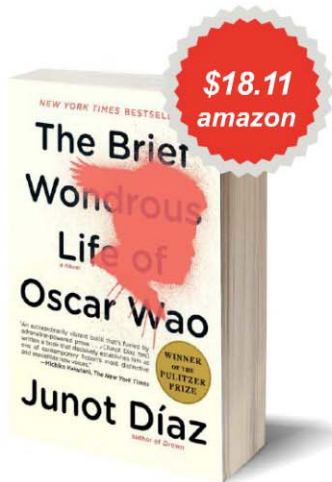
- Need a Mobile App ?
- Want to start your own Mobile App Company?
- Need a Mobile Division for your existing company, but do not want to spend the salary or risk turnover?

*... you gotta App It!*



# dayron's BOOK CLUB

Join Dayron's new book club, and discussion groups around every literary topic imaginable. Connect with like-minded people around your favorite subjects. In every issue we choose a couple of books to read and discuss. Feel free to start discussion threads on any of the books we love.



## THE BRIEF WONDROUS LIFE OF OSCAR WAO.

This newest Literature to Life presentation features the delicately brutal words of Junot Díaz, author of *The Brief Wondrous Life of Oscar Wao*. Díaz details the life-long alienation of a fantasy world-obsessed Oscar, and how despite the endless taunting Oscar remains true to himself. The family fukú or curse declares its power throughout our story, and finally becomes real for Oscar after receiving a near-death beating.

**Release Date:** 9/6/2007  
**Genre:** Fiction, Novel  
**Writer:** Junot Díaz



## THE BOOK THIEF

It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement.

**Release Date:** 3/14/2006  
**Genre:** Fiction, Novel  
**Writer:** Markus Zusak



## THE KNOWN WORLD

One of the most acclaimed novels in recent memory, *The Known World* is a daring and ambitious work by Pulitzer Prize winner Edward P. Jones. *The Known World* tells the story of Henry Townsend, a black farmer and former slave who falls under the tutelage of William Robbins, the most powerful man in Manchester County, Virginia. Making certain he never circumvents the law, Townsend runs his affairs with unusual discipline.

**Release Date:** 9/1/2003  
**Genre:** Novel, History  
**Writer:** Edward P. Jones



## DOCTOR SLEEP

On highways across America, a tribe of people called the True Knot travel in search of sustenance. They look harmless mostly old, lots of polyester, and married to their RVs. But as Dan Torrance knows, and spunky twelve-year-old Abra Stone learns, the True Knot are quasi-immortal, living off the steam that children with the shining produce when they are slowly tortured to death.

**Release Date:** 9/24/2013  
**Genre:** Fiction, Novel  
**Writer:** Stephen King





# living life to the fullest

by Gregory Timmer



My name is Gregory Timmer and I am a multicultural Haitian descent born in Brooklyn, New York and raised in Fort Lauderdale. I'm 26 years old, love animals, but also a huge technology fan, love to know all about the latest gadgets. I'm also really into fitness and eating right (yes I love food). My hobbies include wakeboarding, love being involved in the community, and HIV activist work, and spending time with family.



What Am I Grateful For Today?



I'm Grateful to be Alive and Healthy, and I think of it as a gift everyday for being on this planet.



What Is My Focus Of The New Year?



My focus of the new year is to really dig deep into HIV activism, and get more on the frontlines of attacking the issues that people Living with HIV face everyday especially the overwhelming amount of stigma there is to those living With HIV. I feel as though activism is at an all time low since HIV is a manageable chronic condition that people can live long healthy lives since the arrival of better treatment options.



How Do I know if I've picked the Right Job/Career?



I know I've picked the right job because it focuses on those Living with HIV/AIDS and I know its helping me gain valuable experience that will lead into a career within the same field. I'm always looking to grow, and learn more so I have the tool to better help others and myself. I believe my current job as an HIV Linkage Specialist has put me on the right path.



What's the main thing holding me back?



The only thing I feel that's holding me back from ending stigma is that is a very complex issue, and I know its not something I'm able to do on my own. I would love to see every person to be educated on HIV/AIDS to be as common as the amount of people that can recite the alphabet.



If I can accomplish just one thing, what do I want it to be?



If I can accomplish one thing it would be ending HIV Stigma.



Who inspires me the most?



One of the people who inspire me the most is Alicia Keys because she has been able to do what she enjoys doing and making a career out of it, and still be a humanitarian in so many aspects including but not limited to helping out with HIV/AIDS awareness. If I could blend my passion of helping those with HIV with my love of technology I would be the happiest person. Until then I am still thinking of creative ways to try to blend the two.



**ERICK MARTINEZ PHOTOGRAPHED  
BY: DAYRON ARIAS**

**Hair by:** Antonio Fernandez

**Makeup by:** Lori Mendez

**Wardrobe Styling by:** Dayron's Clothing Line

**Photoshoot Location:** Los Angeles

White T-Shirt (\$29.25)

Black leather jacket (\$129.98)

Black Jeans (\$97.96)

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CLOTHING LINE

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Get 40% OFF Valentine's Deals!  
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# Can We Help You?

We've assembled experts to guide the way

by David Freedman

## *Alternative for New Year's resolution ideas*

If your New Year always starts with you reeling off the same old dutiful commitments to join a gym, start a diet and give up all those bad habits, why not try something different to boost your happiness

and revitalise your life, a new kind of New Year's resolution. I'm sure these tips will help you feel better and start the new year positive. Here are my TOP 5 suggestions for alternative New Year's resolutions.

- 1** Mastering a new skill no matter how pointless can increase your self-esteem, as well as earning you some serious social kudos next time you reveal it in public. For a physical challenge, why not work on your flexibility for a spot of contortion, or give yourself a mental challenge and learn how to recite the alphabet backwards in less than 10 seconds.
- 2** If you've got the travel bug and want to see a bit more of the world, why not make it a New Year's resolution to visit five interesting places you've always wanted to see? Even better, make a visual record of the year by making sure you get a photo of yourself taken in each place.
- 3** To expand your social circle, try to make one new friend a month by making a conscious effort to attend more social events, chat to strangers and get introductions to friends of friends. Making friends with people with different personalities and interests from you can be particularly beneficial in helping you to broaden your horizons, explore different sides of your personality and find new ways to get the most out of life.
- 4** You may run your own company, pay your own bills and parallel-park like a pro, but do you know how to do a handstand or ride a bike? For this New Year's resolution it's time to nurture your inner child and learn that thing that you never learned to do. Why don't you try!
- 5** Rather than cutting out foods from your diet as with so many New Year's resolutions, opt to add more foods in to your diet next year instead (bonus points if they're green!). Many of us don't eat a varied enough diet, so ensure you are getting all the nutrients your body needs as well as enhancing your enjoyment of food by making a resolution to try a new food each week. I'm sure I'll do them why can't you!



# Let Us Be Your Stylist.

Inspirations to help you make the most of your looks.

JAN/FEB 2014 | DAYRON ARIAS MAGAZINE | DAYRONARIASMAGAZINE.COM

## Declutter

## Your Life

And Start Living Again.

by Jennifer Aleman

### Winter Organizing Tips

1

#### MAKE AN EFFICIENT WINTER TOTE

Buying a three-pocket pouch can be fashioned easily from a carpenter's canvas nail apron (available at hardware stores) to create a super-organized carry-all.

2

#### DOCUMENT YOUR EXPIRATION DATES

Putting warranty expiration dates on appliance boxes lets you know when it's safe to throw those cartons away.

3

#### PROTECT YOUR STORED CLOTHING

Take a deep breath: Aromatic herbs like rosemary, cinnamon can keep clothing and shoes smelling fresh.

4

#### ORGANIZE AND SHARE YOUR MEMORIES

Keep memories fresh and bring the charm of an old-fashioned album to the pictures on your walls by giving each a thoughtful label.

- 1 Winter cleaning means not only giving everything a good wipe-down but decluttering your space to welcome the warmer seasons ahead.
- 2 Clothespins can be used to organize and hang papers, photos, and cards when they're turned into refrigerator magnets. To make them, remove the springs from wooden clothespins, and lightly sand wood with sandpaper.
- 3 Magazine holders are good for keeping old issues in order, but their handleless backs make it difficult to access them when you need to at any time.
- 4 Transform an inexpensive flower bucket into a nice-looking umbrella stand by painting the bottom of the bucket with glossy oil-based enamel paint. In addition to providing color, the paint will help disguise any rust caused by dripping umbrellas.





# Work & Life

Family, Faith, Freedom, Rewards

## JUAN VARGAS

“BALANCE FOR PEOPLE WITH BIG DREAMS”

by Juan Vargas



“Think of every basic product you use every day, from health, beauty, and home care. Now, if you could purchase that same product with equal or better quality directly from the manufacturer and get paid for talking about it and connecting others to that same exact system, would you do it?”

That is the question Juan Vargas asks every person he crosses paths with. Thanks to his parents, Juan has come to realize that the kind of lifestyle he wants to have cannot be accomplished by working full time in any job. After years of research and first hand insights into the network marketing industry as a second generation distributor, he is ready to pass on the message of how you too can transform your health, beauty, home, and finances.

Juan was born in El Toro, a small town in Guanajuato Mexico. Raised by his grandmother until the age of eight, he learned the value of life, freedom, struggle, and persistence. Traits acquired through living with neither running water nor electricity, manually having to make life happen. When he arrived to Florida, USA he was unaware of how life worked. School buses, lunch meals, the English language, having a whole new family, it all happened in a matter of days. Pressure built, he became rebellious, street smart, yet finely educated by his mother.

He always had a passion to succeed, to compete, to make sure he made a difference. Juan, although having a mug shot in his profile, managed to pull through and received many awards throughout his school years, a presidential award was amongst them.

He never really felt physically attractive, nor healthy, mostly due to the unfortunate fact of being diagnosed HIV positive at age of 18 after an attempt to join the US Marines. Devastating as it was, again he overcame that obstacle. 6 years later, by the age of 24 he has joined organizations ranging from education, personal development, HIV/AIDS, health, beauty, and eco-friendly sources.

His passion to help others in any way he can has become a goal, a career, and a dream. Success for one another is never in question for Juan. He feels and understands that family, faith, freedom, reward; the core foundations of Amway, the company he so anxiously and vigorously strives to educate people on, are not easily earned, kept, nor developed. One must work hard and most importantly smart for such things to happen. God had blessed your path, but it is you who must see it, walk it, learn it, feel it, and when the path is clear, show others the way you've come to know works wonders.





JUAN VARGAS **PHOTOGRAPHED BY:** DAYRON ARIAS  
**PHOTOSHOOT LOCATION :** HOLLYWOOD BEACH **DATE:** DECEMBER 21, 2013





ARTISTRY: PROUD SPONSOR OF MISS AMERICA AND AMONGST THE TOP 5 IN BEAUTY AND SKIN CARE, WORLDWIDE.

# JUAN VARGAS

*“The rise of Network Marketing as the next major profession”*



## ORGANIC PRODUCTS



## BEAUTY, HEALTH, HOME

Think of every basic product you use every day, from health, beauty, and home care. Now, if you could purchase that same product with equal or better quality directly from the manufacturer and get paid for talking about it, and connecting others to that same exact system, would you do it? We are transforming the beauty, health, and home care of people through unique products that work. And the other, is transforming the finances, and lifestyles of ambitious people through a unique business opportunity.

## CREATE A NETWORK

Join our team. Be a part of something greater than yourself. Surround yourself with like minded people. Influence each other, work together, create a network of income earners. Take advantage of this unbelievable opportunity Amway offers to its members. It's incredibly simple and logical. You owe it to yourself to look and feel good. You can do all that, and more by simply accepting that this is real, its happening now, its an industry only fit for those of us who seek a much greater meaning to life.



Join our team  
Be a part of something  
greater than yourself.

# 786-486-2474

MEMBER

Members only, take advantage of our exclusive top quality organic products with discounts from 25%-35% off. 180 days money back guarantee, used or unused; that's how much we value our products.

#6289387

Check out our industry at  
[LIVINGTHEAMERICANWAY.COM](http://LIVINGTHEAMERICANWAY.COM)  
Skype: JCCARLOS001



# dayron's Favorite Things

ENTER FOR  
A CHANCE  
TO WIN

read page 31 for the rules

## 12 GIFTS DAYRON THINKS ARE JUST GREAT!

➤ Send New Years gifts to a friend or loved one from our list of 2013 Dayron's Favorite Things. Discover the best New Year's in Best Sellers, and take home all of them chosen by Dayron. It's 2014 and it's time to celebrate! Don't show up to the party empty handed, find unique New Year's gifts for all the people who make every day a cause for celebration. The start of a new year brings all kinds of joy and wonderment. Give New Years gifts to those you love to usher in a new year. And, if you did something that you regret on new year's eve, then just browse our favorite things gifts of thoughtful I'm sorry options, which are sure to apologize nicely for you and anyone can afford to buy.

continued ON PAGE 30 »



### « PERSONAL TOUCH

This Rio Carnival Masks Personalized for Dayron Arias Magazine features feathers and a detailed Mardi Gras mask that surrounds your custom text. Each Brazilian Mardi Gras measures 2 1/4 inches wide x 1 3/4 inches high x 5/8 inches deep and includes 0.45 ounces of miniature peppermints.

TOTAL RETAIL VALUE: \$699

rio carnival masks  
personalized





### ≡ GARDENING HAND TOOL SET

- 1** Short-handed garden set includes a trowel, transplanter, and cultivator. Single-piece, polished aluminum construction is durable, lightweight, rust resistant. Comfortable, fatigue-reducing Softouch cushioned handles.

TOTAL RETAIL VALUE:  
\$17.99



### ≡ THRONE CHAIR

- 2** It is durable and has a luxurious look. This custom throne chair is hand painted in red and gold. It will have huge impact in your shop window display and is ideal for all businesses.

TOTAL RETAIL VALUE: \$599



### RED ROSES »

Send red roses they are a symbol of romantic love and enduring passion, a red rosebouquet has been used to flirt and flatter for centuries.

TOTAL RETAIL VALUE:  
\$19.99



### « CAPPUCCINO CUPS

- 3** Enjoy your frothy "cuban caffe" favorite in our classic porcelain cup with simple coffee-bar styling and matching saucer.

TOTAL RETAIL VALUE: \$29



### ≡ CHINESE HAND FAN

- 4** Genuine Chinese Sandalwood Fan Made of Real Sandalwood. This beautiful Chinese folding hand fan is decorated with a custom carved pattern right into the wood. Plus the sandalwood carries a light refreshing sandalwood scent.

TOTAL RETAIL VALUE: \$69



### ≡ RASTA STICK BEANIE

- 5** This rasta beanie has the vibrant colors of red, gold and green with white. The cotton beanie has a pattern of rasta circles on the top and rasta sticks on the side.

TOTAL RETAIL VALUE:  
\$21.95





### « NESPRESSO AEROCOCCINO

- 7** Hot and cold milk froth for cappuccinos, hot milk for lattes. Milk temperature 160-170 °F, whisk stores in base for easy access. Green led light indicates when aeroccino is ready, power on/off switch.

TOTAL RETAIL VALUE: \$119



### » HAMILTON BEACH SLOW COOKER

- 8** 6-quart programmable slow cooker with LED digital control panel, 110 V3 automatic-cooking options program, manual, or probe; automatic keep-warm. Power-interrupt protection; clip-on spoon; clip-tight gasket lid; side handles for safe transport. Dishwasher-safe stoneware and tempered-glass lid; user manual with recipes included.

TOTAL RETAIL VALUE: \$49.99

### » MEN'S DEREK WORK BOOTS

- 9** Heavy duty work will never be the same with this Herman survivors men's Derek work boot. A pair like this will protect your foot no matter what the weather says or what the job requires.

TOTAL RETAIL VALUE: \$49.99



### « EYE-FI CONNECT X2 4 GB

- 10** 4GB Memory to store up to 2000 photos or 90 min videos. Upload JPEG photos & videos fast through your home Wi-Fi network thanks to built in 802.11n speed. Get email, Facebook, or Twitter alerts when your photos are uploading online. It's fast.

TOTAL RETAIL VALUE: \$44.99

### DAYRON'S FAVORITE THINGS SWEEPSTAKES

#### THE GIVEAWAY SWEEPSTAKES OFFICIAL RULES:

Sweepstakes is in no way sponsored, endorsed or administered by, or associated with, any brands. You are providing your information to Dayron Arias Magazine, not to Facebook or any other social sites.

NO PURCHASE NECESSARY TO ENTER OR WIN.

Beginning 01/14/14, at 12:01 AM.(ET) through 02/14/14 at 11:59 P.M.(ET) text your full name to 305-771-1740 to enter in the final sweepstakes.

Open to legal residents of the 50 U.S. states and the District of Columbia who are 21 years old or older. Void in Puerto Rico, and where prohibited by law. If you have any questions in regards to the sweepstakes address your questions to [info@dayronarias.com](mailto:info@dayronarias.com)



### « IPAD AIR

- 11** It's unbelievably thin and light. It packs unbelievable power and capability. The new iPad Air lets you do more than ever, in more places than ever. The iPad Air is the fifth generation iPad tablet computer designed, developed and marketed by Apple Inc.

TOTAL RETAIL VALUE: \$499



# Places We Love

Travel advice, save money, and make the most of your next trips.

## THE NEXT TROPICAL PARADISE *brazil*

— by dayron arias



If you have a group of friends considering a trip to Brazil, Group Travel is a great way to travel. Few things in life are more exciting than a shared travel experience with a group of friends or family, sampling the nightlife and culture of Brazil. From the extensive beaches to the Amazon River, it's easy to find an itinerary to cater to everyone it is a fact that most groups traveling together can get exclusive discounts if traveling in Brazil on a single reservation. And just for being the organizer, if you have enough people you might be able to get a free hotel and discounts on your airfare. Group itineraries can be difficult to prepare as you must take into account not just the group's needs, but also cater for the individuals on the trip. The best group trips are planned by someone who has firsthand experience working with groups as well as destination knowledge, so that everyone feels like they're getting a good balance of group time as well as time to go off exploring, and have some independence. Selecting the right professional to craft that perfect group travel itinerary is often a bit of a difficult decision. You'll want someone who has knowledge of the destination to make

good recommendations, but also someone who can guide you to the right balance in the itinerary.

If you already have a number of people interested in group travel to Brazil, most travel agencies can help you finalize those plans. If you already have a good idea of what you'd like to see and do, they can review your plans to make sure you haven't overlooked anything. If you haven't done any planning, they can also put together the perfect group travel itinerary to make the most of your trip. Take a look at our Brazil travel guide vacations ideas. [continued ON PAGE 34 »](#)



*"Their places of cult are called  
terreiros and many are open to visit.  
Indigenous traits can be found  
everywhere in Brazilian culture, from  
cuisine to vocabulary."*

*- Dayron Arias*







“Rio is a must see and certainly is one on the most beautiful locations in the world.”



## Brazil In Review



Rio lives up to it's famous reputation for glitz and glamour, it also lives up to it's reputation for crime. The iconic sights of Sugarloaf and Christ statue can be seen from many spots in the city. The beaches, Ipanema and Copacabana lined with hotels and burger joints with a few nice cafes sprinkled in. The view from Sugarloaf is outstanding and the botanical gardens is a GREAT place for bird watchers.

OUR RATING ★★★★★

This review is the subjective opinion of a Dayron Arias Magazine members and editors.

> Rio is a place with enormous natural beauty, it is surrounded by mountains, loads of forests, beautiful beaches, very good restaurants and bars, free music in every corner of the city, delicious fruit juices, and coconut water everywhere. The people are very welcoming and helpful. I have never had the feeling that it was “us and them” I usually experience when on holiday in some countries. Tourists and locals mingle together in harmony. There are also plenty museums, theatres, parks, exhibitions, parties and free music concerts everywhere. It's relatively cheap to eat. Beer is cheap and always very cold. You don't get much hassle when walking on the streets or when on Ipanema beach, in my opinion a much better beach than the one in Copacabana.

Rio is fantastic. Rio is safe. Rio is fun. Rio is a terrific vacation destination for couples, families, etc. I wanted to go to Rio for years, and I finally got my chance. My family and I researched vacationing in Rio for months! I was really excited about going, but I read so many negative reviews about Rio. I read how dangerous it was, how poor, how dirty, etc. I became increasingly nervous. I was thrilled to go, but paranoid about the crime and danger. After extensive planning, the family and I flew down to Rio. We arrived at our hotel in Ipanema. We had come prepared.



We wore no jewelry, we made copies of our passports so we could leave the real ones in the hotel room safe. We wore our old cheap watches that we wouldn't mind losing in a mugging. By the time we checked in our room, I was so tired, upset, and paranoid, I didn't want to leave the room. We finally did, to buy toiletries and have lunch, but I was so on my guard, I was miserable.

Everyone on the street was a potential criminal waiting to pull some scam or kidnap me. After lunch and a caprihina, I felt better. After a dip in the rooftop pool. After dinner and some shopping, I was ready to see Rio. But that day was wasted due to paranoia caused by prejudice and stories heard from "a friend who heard from a friend that..." We took a tour of Corcovado (which was very cloudy) and saw Cristo Redentor. We took the cable car to Sugar Loaf and saw spectacular views of Copacabana Beach. We spent a day at both Ipanema and Copacabana Beaches. We had a wonderful time. Rio is a typical tourist destination. We had sushi in Ipanema and walked back to our hotel at 1 a.m. We had no problems. Sure you can see the slums from the freeway, but just like any other big city, you don't vacation in the slums. I loved Rio. The people were friendly, the beaches were great. If you are considering a trip to Rio, definitely go.

We didn't go out to any clubs since my family just care about the food only. We did enjoy a very expensive dinner at the Copacabana Palace, the legendary hotel built in 1923. Never did I feel unsafe in Rio. We never walked on the beach at night, but why would we? I have never had the need to walk on a beach at night. It's dark; what are you going to see? Rio is fabulous. Just use the same precautions you would use in Miami, Rome, Tokyo, New York City, or Los Angeles, and you will have a vacation to remember. Ignore all the negative, paranoid reviews and attitudes you hear from people who haven't been there, or people who have been living in a bubble, and never visited a big city. Go to Rio this winter and relax.



## WHAT'S NEAR RIO DE JANEIRO

From sprawling resorts to luxurious little hot spots, the top Rio de Janeiro 5 star hotels immerse each traveler in the best experience money can buy

### HOTEL PARAGUAI

66% 14% ★★★★★

Ranked # 165 of 204 hotels in Rio de Janeiro  
Rua do Senado 240, Rio de Janeiro, State of Rio de Janeiro 20231-005, Brazil (Santo Cristo)

### HOTEL GRANADA

76% 24% ★★★★★

Ranked # 88 of 204 hotels in Rio de Janeiro  
Av. Gomes Freire, 530 - Centro, Rio de Janeiro, State of Rio de Janeiro 20231-015, Brazil (Formerly Avenida Gomes Freire, 530) (Centro)

### HOTEL SANTA TERESA

26% 64% ★★★★★

Ranked # 188 of 204 hotels in Rio de Janeiro  
Rua Almirante Alexandrino 660, Rio de Janeiro, State of Rio de Janeiro 20241-260, Brazil (Santa Teresa)

### DIAMOND HOTEL

66% 24% ★★★★★

Ranked # 69 of 204 hotels in Rio de Janeiro  
Rua da Gloria, 46, Rio de Janeiro, State of Rio de Janeiro 20241-180, Brazil

This review is the subjective opinion of a Dayron Arias Magazine members and editors.





favorite gadgets, including smartphones, laptops and cameras—updated with the latest and greatest.

# YOUR STUFF

## GoPro Hero 3+ Camcorder Black Edition (12MP, Wi-Fi)

### DESCRIPTION:

The HERO3+ Black Edition is 20% smaller and lighter than previous models and is compatible with all GoPro mounts and accessories making it the most mountable, wearable and versatile GoPro ever. Stunning video quality has made GoPro the world's best-selling camera company.

### FEATURES:

The HERO3+ Black Edition captures gorgeous 12MP stills at up to 30 frames per second-perfect for fast-action sequences. Time Lapse mode enables automatic photo capture at 0.5, 1, 2, 5, 10, 30 or 60 second intervals. Continuous Photo shoots full-resolution stills at a steady 3, 5 or 10 frames per second when holding down the shutter button.

\$571.61

1

OUR FAVORITE GADGETS RATINGS



76%

24%



## Beats Solo HD On-Ear Headphone (Drenched in Blue)

### DESCRIPTION:

Solo HD High-performance with advanced driver design that allows you to enjoy every studio nuance of your favorite music. Deeper bass, bolder midrange, and cleaner, undistorted highs, long-wearing, comfortable that keeps the sound in and noise out. Advanced driver design for precise audio clarity. Beat Studio sound, in a smaller, lighter on-ear design.

### FEATURES:

Beats Solo HD headphones look as good as they sound. Drenched in color, these Beats are the first to feature matching ear cups, cord, and headband in a unique matte finish with a reflective Beats logo. Compact enough to fit in your bag, Solo HD headphones deliver the superior sound Beats by: Dr. Dre products are famous for.

\$199.95

3

OUR FAVORITE GADGETS RATINGS



76%

24%

## All-New Kindle Fire HDX 8.9" Tablet HDX Display + Wi-Fi

### DESCRIPTION:

Startlingly light large-screen tablet, with stunning HDX display, ultra-fast performance, and front and rear cameras. Ultra-fast 2.2GHz quad-core processor—3x more powerful than previous generation—with 2GB of RAM and Adreno 330 GPU for fast, fluid gaming and video. Introducing the "Mayday" button, on-device tech support, exclusive to Kindle Fire HD open 24 x 7, 365 days a year.

### FEATURES:

Exclusive 8.9" HDX display (2560x1600) with unsurpassed pixel density (339 PPI) and perfect color accuracy (100% sRGB) for vivid, lifelike images that go beyond standard HD.

Breakthrough ultra-light design—weighing just 13.2oz, it's 34% lighter than the previous generation.

\$429.00

2

OUR FAVORITE GADGETS RATINGS



96%

14%

“It was described and I love the product. I would recommend this to any new camera buyer. What a great deal! - Dayron Arias”



\$134.95

## Canon PowerShot SX170

### DESCRIPTION:

Capture impressive 720p HD video in stereo sound with a dedicated movie button and zoom while shooting video. Large 3-inch TFT color LCD offers easy viewing even from a wide angle. 16 megapixel, 1/2.3-inch CCD sensor and Canon DIGIC 4 image processor deliver enhanced image quality smaller, lighter on-ear design. Powerful 16x optical zoom and 28mm wide-angle lens.

OUR FAVORITE GADGETS RATINGS

4

49%



64%



## GADGETS TO GET EXCITED ABOUT IN 2014. CAN'T WAIT!

## Samsung Galaxy Gear Smartwatch (Wild Orange)

## DESCRIPTION:

Samsung Galaxy Gear is elegant tech that you wear like a watch. It communicates with your Galaxy Note 3, providing a stylish and powerful way for you to see important notifications, as well as take phone calls, shoot photos and video and even count your steps. It also passes information to your smartphone, creating a seamless experience between the two.

## FEATURES:

Compatible with Galaxy Note 3 and other Galaxy smartphones. 1.63 inch Super AMOLED screen and 1.9 Megapixel camera. Place calls and answer them directly from your Galaxy Gear. Enjoy the S Voice personal assistant right on your wrist. Includes Samsung Galaxy Gear, wall charger, charging cradle, quick start guide.

\$399.99

6

OUR FAVORITE GADGETS RATINGS

★★★★★

49%

24%



## Google Chromecast HDMI Streaming Media Player

## DESCRIPTION:

Chromecast is the easy way to enjoy online video and anything from the web on your TV. Plug it into any HDTV and control it with your existing smartphone, tablet, or laptop. Send your favorites from HBO GO, Netflix, YouTube, Hulu Plus, Pandora, Google Play Movies & TV, Google Play Music, and Chrome to your TV with the press of a button.

## FEATURES:

Stream online video, music to your TV using your smartphone, tablet, or laptop. Supports Netflix, YouTube, HBO GO, Hulu Plus, Pandora, and Google Play Movies and Music mobile apps as well as select content through Chrome browser. Works with Android, iOS, Chrome for Mac, and Chrome for Windows.

\$35.00

5

OUR FAVORITE GADGETS RATINGS

★★★★★

56%

4%



\$169.99

## Nike+ FuelBand SE SportBand

## DESCRIPTION:

The new Nike+ FuelBand SE and the free FuelBand app on your iPhone or iPod touch help you increase your activity in a way that's smart, simple, and fun. Track your active life with revolutionary NikeFuel - NikeFuel is a single, universal way to measure all kinds of activities from your morning workout to your big night out. The smart way to get more active.

OUR FAVORITE GADGETS RATINGS

7

49%

★★★★★

12%



## Beats by Dr. Dre Pill Wireless Bluetooth Speaker

## DESCRIPTION:

Beats Pill speakers let you take calls when you need to and listen to music all with the freedom of wireless, just what the Dr. ordered. Enabled, meaning you can change tracks from your phone or take that call with Bluetooth conferencing.

Beats Pill wireless speakers bring the party with you wherever you go. I really love it

## FEATURES:

Tap-to-pair with NFC technology for easy and instant Bluetooth 2.1 audio and supports SBC, aptX, AAC. Codecs for high quality streaming. Provides clear, full-range sound delivered in a portable, lightweight package. Internal microphone for Bluetooth call functionality.

\$199.95

8

OUR FAVORITE GADGETS RATINGS

★★★★★

55%

10%



## Roku LT Streaming Media Player (Purple)

## DESCRIPTION:

Streaming is more affordable than ever. Roku LT has all the essentials you need to enjoy 1,000+ channels of movies, TV shows, music, sports, and more. With a free Roku app, one-stop search and channel shortcut buttons, Roku LT delivers simply the best streaming player value available anywhere.

## FEATURES:

1,000+ entertainment channels. Choose from the best selection and widest variety of streaming entertainment, including movies, TV shows, music, sports, news, and more. HD video quality. Streams up to 720p in high-definition. No hidden fees. Enjoy all the free stuff, like Pandora and Crackle, and access your own subscriptions, like Netflix and Hulu Plus.

\$49.99

9

OUR FAVORITE GADGETS RATINGS

★★★★★

36%

12%



## RULES OF THE CONTEST

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Dayron Arias Magazine. Beginning January 10, 2014 at 12:01 A.M. (ET) THROUGH FEBRUARY 1, 2014, at 12:01 A.M. (ET) One (1) winner will receive a pair. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be legal resident of one of the 50 United States. Sweepstakes subject to complete official rules available at dayronarias.com

What's the name of this product? Do you know?

if so text your answer to: 305.771.1740 for a chance to win a pair.



# Can I Say Something?

email feedback: [info@dayronarias.com](mailto:info@dayronarias.com) | [www.dayronarias.com](http://www.dayronarias.com)

> The New Year is here as I mentioned before, but this is going to be a great year not only for me, but for everyone who's a believer and is always thinking positive. I thought it would be fun to share some of my new year's resolutions.

Every new year I do something different when it's time to pick new resolutions, but for this one I've decided to express my feeling and advise my readers, family and friends since most people likely won't stick to their new resolutions. This is the year to eat healthier. clean out the clutter. Spend more quality time together as a family. Work out. You've no doubt heard them all (and maybe even made a few yourself). If you've failed to keep your resolutions in the past, don't despair. You are in good company. In fact, research shows that nearly three-quarters of us fail to stick with our resolutions for more than just a few months. Resolutions tend to be sweeping plans for self-improvement or re-invention, but they usually don't include a plan for changing our daily habits and behaviors. If resolution-makers don't focus specifically on how they are going to modify their day-to-day activities, their resolutions tend to fall flat within a couple of weeks when they resort back to familiar routines and rituals.

If you'd like to eat healthier (and maybe shed a few extra pounds) in the new year, you are not alone. Dust off your cookbooks and find two new recipes you will try with your family each month. Be sure to include your children in the preparation of these meals. When you go to the grocery store, find three new items you have not purchased or used before. One should be a vegetable and one should be a fruit. Add these items to the cart to increase the variety in your weekly routines. Have fun themed meal nights. The concept of "Meatless Mondays" is becoming increasingly popular. This is a great way for families to learn more about cooking with beans. "Wheatless Wednesdays" is another fun theme that gives families a way to explore the ancient gluten-free grains such as quinoa, millet and amaranth. "Taco Tuesdays" does not have to mean ground beef and flour tortillas. Try a shrimp taco with a sprouted corn tortilla to mix things up.



Finally get your exercise in when you can. Always use the stairs. Walk, jog or skip instead of driving (to and from school, grocery store, library, park). If you take public transportation, get off a few stops early and walk the rest of the way. Park the car as far away from the entrance as possible. As you implement these new strategies and activities into your daily lives, remember that change happens over time. Do your best to slowly incorporate these new rituals into your daily family life and you'll never have to admit to another failed New Year's resolution again.

*Dayron Arias*

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*There's really nothing left to  
say except: **Happy New 2014.***

